

Healthy Abs and Backs

with Anne McCranie



Fluid
movement + massage

Banish back pain!

Learn 5 effective exercises that will help heal back pain while strengthening core muscles.

This workshop will include a take-home handout of the exercises performed in the workshop.

Register online at www.sellwoodyoga.com

When: Sunday, Nov 14th, 12:30 - 2:00pm
Cost: \$20 or \$25 at the door
Where: Sellwood Yoga, 7970 SE 13th Ave, Portland

For more information email info@sellwoodyoga.com or call 503.575.9982

